



May/June 2007

Surgeon General's Call to Action Urges Prevention

The drug of choice for America's youth is alcohol as statistics continue to demonstrate that a higher percentage of young people between the ages of 12 and 20 use alcohol than use tobacco or illicit drugs. The physical consequences of underage alcohol use range from medical problems to death by alcohol poisoning. Alcohol plays a substantial role in risky sexual behavior, physical and sexual assaults, various types of injuries, and suicide. Underage drinking also creates secondary effects such as car crashes from drunk driving. Underage alcohol consumption is a paramount social problem with enormous health and safety consequences and demands America's time and attention to resolve.

Generally speaking, parents and other adults underestimate the number of adolescents who use alcohol. They underestimate how early drinking begins, the amount of alcohol adolescents consume, the many risks that alcohol consumption creates for adolescents, and the nature and extent of the consequences. Too often, parents are inclined to believe, "Not my child." Yet, by age 15, approximately one-half of America's youth have had a whole drink of alcohol, and the highest prevalence of alcohol dependence in any age group is among people ages 18 to 20.

The U.S. Surgeon General's long-awaited Call to Action on underage drinking amplifies the National Academies' Institute of Medicine's report of more than three years ago urging a national strategy to address the nation's worst youth drug problem. It is the hope that this declaration from the nation's top physician will provide a further wake-up call on the seriousness of the underage drinking problem and help inspire a sustained public effort to reduce it. To view the call to action in its entirety view the following link: www.surgeongeneral.gov/topics/underagedrinking/calltoaction.pdf.

(L.D. Casto)



Acting U.S. Surgeon General, Keith P. Moritsugu, M.D., M.P.H.

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Alaska's preventing underage drinking (PUD) plan

The Alaska Interagency Coordinating Committee on the Prevention of Underage Drinking (AKPUD) met in Juneau on February 6th and 7th to draft the Alaska Underage Drinking Prevention Plan. This work was the culmination of nearly two years worth of research, information-gathering, and analysis by representatives from a variety of agencies in Alaska. Committee membership includes representation from the Alaska Court System; the Department of Education and Early Development; the Department of Transportation/Highway Safety Office; the Department of Health and Social Services, Division of Juvenile Justice, Division of Behavioral Health/Prevention, and the DBH Alcohol Safety Action Program; the Department of Public Safety/Alcoholic Beverage Control Board; and the Alaska Native Justice Center.

The Committee successfully drafted a plan to reduce and prevent underage drinking in the State of Alaska making evidence-based recommendations for the state and local levels based on the Institute of Medicine, National Academy of Science's 2004 Report entitled *Reducing Underage Drinking: A Collective Responsibility*. Furthermore, the Committee has a strategy for introducing the plan to stakeholders and to elicit buy-in from key policymakers across the state. AKPUD hopes to receive approval from each department head to release the draft plan to the public for a period of review and public comment by the end of the summer 2007. The timeline for publishing the finished product is targeted for early 2008. (M.A. Hess)



“This work was the culmination of nearly two years worth of research, information-gathering, and analysis by representatives from a variety of agencies in Alaska.”

Mini-grants: Arts Council

The Alaska State Council on the Arts is offering mini grants to assist organizations and individuals interested in developing art programs in their community. The community development grants are designed to stimulate grassroots arts activity, and to encourage public interest and participation in art throughout Alaska. Project Grants and Workshop Grants are also available and is designed to support innovative arts programs, stimulate the creation of new art, advance public awareness, and increase understanding and appreciation of art including the perpetuation of Alaska Native arts and traditions. Workshop grants are designed to support artist/instructor fees for travel to and from workshop locations. Master Artist and Apprenticeship Grants supports and encourages the development and maintenance of traditional Alaska Native arts, a strategy used by many of our community-based suicide prevention grantees. Apprenticeship grants are non-matching funds awarded for serious study with a recognized master artist in a traditional Native art. Grant awards are typically between \$1000 - \$2000 and most are available for quarterly submissions. The next round of grant applications are due September 1st and must be submitted online at <http://alaska.cgweb.org>. For more information online, go to <http://www.eed.state.ak.us/aksca>.



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What can you do to address tobacco use?

Whereas about 300 people died from suicide, car crashes and homicides last year, over 600 died from direct and indirect tobacco use and exposure.

Tobacco use and exposure remains Alaska's leading cause of preventable death and disease with more people dying each year than all suicides and other substance abuse combined. There are number of resources currently available. The State of Alaska manages a complete tobacco prevention program that reaches communities and regions from Barrow to the Aleutians to Ketchikan. Chances are there are tobacco prevention staff and resources available to you. Call 269-2020 or email tobacco@health.state.ak for more information. As part of these efforts, the state places a wide range of radio and TV ads to make sure to distribute the message that tobacco is a problem to the general public. Although most of this media is shown in urban areas, a lot of related posters and videos are available for villages as well. A toll free hot line is available to help people quit at 1-888-842-7848 (QUIT). Finally, there is a well established alliance of programs and agencies called the Alaska Tobacco Control Alliance (ATCA) that has been around since 1994 and is devoted to ensuring that tobacco prevention is on the policy agenda both at the state and local levels. Signing up to be a member and participating at meetings is free and easy. You can go to <http://www.alaskatca.org/> or call 907-450-2453 for more information.



Educating your community, especially your leaders about what can be done is perhaps the most important step you can take. Once leaders, parents, and elders understand the importance of changing the social norm that allows youth to use tobacco, steps can be taken to start on the path of healing from the damages of tobacco. Addressing tobacco use does not require that other important issues be dropped or neglected. In fact, reducing tobacco use is just one more egg in the basket of a healthy community.

Tobacco Prevention and Control Cleans Up!



In the article above we talked about the importance of learning and keeping tobacco use away from kids. This is because everyone knows that tobacco is bad for your health. Even smokers will tell you they are harming their health and should quit. What many people do not know is the number of people who die from tobacco exposure but are not even active tobacco users. This number is close to 150 deaths annually in Alaska. Secondhand smoke is deadly to everyone that is exposed; elders and youngsters are especially vulnerable due to health problems and developing bodies.

Due to the active efforts of communities and tobacco prevention and control advocates, clear indoor air policies banning indoor smoking are being initiated across Alaska. Most notably in Anchorage (goes into effect this July 1 and includes almost all public places including bars) and Juneau (goes into effect next January 1) and tobacco free campus policies at Bartlett Regional Hospital (BRH), the Southeast Area Regional Health Consortium (SEARHC) and the Alaska Native Medical Center (ANMC). The policy at the Anchorage-based ANMC (went into effect November 16th, 2006). These initiatives encourage wellness by providing a safe, supportive, and healthy environment for all. If you are interested in getting a tobacco free policy in you community, contact Lisa Aquino with the Alaska Tobacco Prevention and Control Program at 269-8089. Kudos to every community taking a stand for clean indoor air! (M. Powell).

PRIME For Life:

Using Prevention Principles That Make a Difference

Those of you who have heard of PRIME For Life know that it is the gold standard for all Alcohol Drug Information Schools (ADIS) in Alaska, serving youth ages 12 to 21. But PRIME For Life programs are also available for other youth and adults to help them understand the risks of alcohol and other drug problems throughout life. PRIME For Life can be taught as a prevention program for virtually any group. However, PRIME For Life programs have been specifically designed for groups that typically make high-risk choices. This may include middle, high school & college students, DUI offenders, young people charged with alcohol or drug offenses or anyone who is experiencing alcohol or other drug related problems.

PRIME For Life shares many of the same principles and protocols generally endorsed as best practices in the substance abuse field. The PRIME For Life program is designed to gently but powerfully challenge common beliefs and attitudes that directly contribute to high-risk alcohol and other drug use. Using persuasion-based teaching, instructors use a variety of teaching approaches, including interactive presentation and small group discussion.

The Anchorage School District along with two other community partners, focus their DBH Prevention & Early Intervention Grant funds specifically on this strategy in order to achieve the desired outcome of reducing youth substance use. The school district uses PRIME For Life for those youth who are caught buying, selling, using or possessing alcohol or other illegal substances. As a way to reduce by half their 10 day suspension, students enroll in a 20 hour PRIME For Life course immediately upon receiving their suspension. This allows the student to get back into school faster, stay current on their school assignments and take a close look at the high risk behaviors that resulted in their suspension. The courses are taught by Volunteers of America staff and are held at the Boys & Girls Clubs in Anchorage. This is an effective community partnership that ensures students are provided with the best opportunity to learn from their mistakes and make better choices in the future.

Students participating in the PRIME For Life program are asked to complete three surveys (a pre-test at the outset, a post-test at the conclusion of the program, and a mailed follow-up survey about three months after completing the program). The results of these surveys revealed statistically significant changes in risk perceptions in the desired direction and intentions to reduce alcohol and drug use. (Continued)



PRIME for Life Trainers Seminar in Savannah, GA.

PRIME FOR LIFE GOALS:

- to reduce problems caused by high-risk drinking or drug use
- to reduce the risk for long-term health problems and short-term impairment problems
- to help people successfully protect the things they value

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PRIME For Life:

Specifically, participants:

- increased agreement that their current level of alcohol use was causing them problems and could lead to alcoholism and addiction;
- increased degree of perceived personal risk associated with regular marijuana use and heavy episodic drinking;
- indicated that the program changed their thinking about alcohol and drug use and increased consideration of abstinence from alcohol and drugs.

For more outcomes data, see the full report at: http://www.askpri.org/evaluations_u21.asp.

If you are interested in offering an ADIS Program in your area, would like to independently enroll in the PRIME For Life New Instructors Training, want to become an ADIS provider or would like more information, please contact: Tony Piper at 907-269-3781 or apiper@health.state.ak.us. You can register for the training or just learn more about the Prime For Life Program at: www.askpri.org. Our next training is scheduled for August 13th – 16th, 2007 at the Mental Health Trust Authority Conference room in Anchorage Alaska. (T. Piper)

*“Improving
substance abuse
interventions for
justice-involved
youth”*

Reclaiming Futures Initiative

Reclaiming Futures, funded by the Robert Wood Johnson Foundation, is a 10-site demonstration project designed to promote integrated, community-based systems for delivering substance abuse interventions in the juvenile justice system. Alaska is one of the 10-sites for this initiative. The goal of the initiative is to design effective, community-wide responses to substance abuse problems among justice-involved youth.

Anchorage Reclaiming Futures is creating new approaches to helping teens who use drugs or alcohol and have become involved in the Juvenile Justice system. Guided by the image of the Inupiaq Eskimo tradition of the blanket toss, service professionals, families of troubled youth, faith communities, tribal members, volunteer mentors and other concerned citizens pull together to help teens overcome drugs, alcohol and crime.

For more information on the Anchorage Reclaiming Futures Project visit their web page at www.reclaimingfuturesanc.org. A recently release National Program Report, providing a more detailed overview of the initiative and its progress can also be obtained at www.reclaimingfutures.org.

Juvenile Alcohol Safety Action Program (ASAP)

In cooperation with other state or local agencies, a juvenile alcohol safety action program provides substance abuse screening, referral, and monitoring of persons under 18 years of age who have been referred to it by the court, Division of Juvenile Justice, and/or Department of Motor Vehicles (DMV). The typical cases that are ordered to juvenile ASAP are minor consuming, minor in possessions and tobacco violations.

The benefits of screening, referral and monitoring include:

- Increased accountability of offenders;
- Reduced recidivism resulting from successful completion of required education or treatment;
- Significant reductions in the amount of resources spent by prosecutors, law enforcement officers, judges, attorneys and corrections officers enforcing court-ordered conditions; and
- Increased safety for victims and the larger community because offenders are more likely to be receiving treatment, making court appearances, and complying with other probation conditions.

On July 1, 2001, the juvenile ASAP program was formally established in 4 communities throughout the state: Fairbanks, Juneau, Kotzebue and Ketchikan through the passage of HB 179 - Underage Drinking and Drug Offenses. Since the passage of the legislation, the program has expanded into several other communities in the state - Anchorage, Kodiak, Kenai and Mat-Su.

A list of the current juvenile ASAP locations and FY '06 case totals for are below.

	Minor Consuming/ Minor in Possession	Tobacco Violations	Other	Total Cases
Anchorage	1223	0	0	1223
Fairbanks	243	0	0	243
Juneau	145	68	4	217
Kenai	5	2	12	19
Ketchikan	97	0	0	97
Kodiak	143	0	0	143
Kotzebue	48	0	0	48
Mat-Su	186	0	11	197
TOTAL				2187

Youth risk behaviors are in decline

Youth Problem Behavior in Alaska†

Between 1995 and 2003 youth problem behaviors (tobacco, alcohol and marijuana use) have decreased significantly, in several areas.

Tobacco use by high school students	1995	2003
Current use - used cigarettes at least once in the past 30 days	36.5%	19.2%
Chewing Tobacco / Snuff - used at least once (by boys) in the past 30 days	23.5%	15.6%
Early use - used cigarettes at least once before the age of 13	30.7%	19.6%
Alcohol Use by Alaska High School Students		
Current use - used at least once in the past 30 days	47.5%	38.7%
Binge use - had 5 or more drinks within a couple of hours in the past 30 days	31.3%	26.5%
Early use - used at least once before the age of 13	36.7%	23.2%
Marijuana Use by Alaska High School Students		
Current use - used at least once in the past 30 days	28.7%	23.9%
Early use - used at least once before the age of 13	11.8%	13.1%

Influences on Problem Behaviors among Youth

Research-identified protective factors that increase the chances that youth WILL NOT use tobacco, marijuana and alcohol. ‡

Selected Protective Factors of Youth Substance Use
<p>Supportive relationships† 47.1% of HS students have 3 or more adults they can turn to for support (other than parents).</p>
<p>Meaningful Activities† 24.3% of HS students spend three or more hours per week helping others.</p>
<p>Supportive Environments A growing body of research demonstrates an association between positive supportive school climates and reductions in risk behaviors including substance use.‡</p> <p>Positive School Climate score given by participating Alaskan students = 3.6* There are 19 indicators that comprise school climate; they span school leadership and student involvement, high expectations and school safety. <i>Examples of items representing school climate:</i> 38.7% of students report that the students are involved in helping to solve school problems. 68.8% of students report they are encouraged to work to the best of their abilities. 60.7% of students report they feel safe at school.</p> <p>Supportive School connectedness score given by participating Alaskan students = 3.3* There are 15 indicators that comprise the school connectedness (supportive environment) score; they span caring adults, respect and fairness, and peer climate. <i>Examples of items representing support in schools:</i> 55.4% of students believe there is at least one adult in the school they can turn to for support. 51.4% of students report their teachers treat them fairly 46.9% of students believe their peers treat them with respect.</p>
<p>Parent support for education† 69% of HS students have parents who discuss school with them at least twice a week.</p>
<p>Community Values Youth & Positive Peer Role Models♣ In 2006, over 2,500 positive stories about Alaskan youth contributing to their schools and communities were in the newspaper, radio, TV media.</p>

Information for data at right derived from:

†Departments of Health and Social Services, Education and Early Childhood Development. *Alaska Youth Risk Behavior Survey 1995 & 2003.* <http://www.epi.hss.state.ak.us/pubs/YRBS/2003/YRBS%202003.pdf>.

‡Division of Behavioral Health, *Risk and Protective Factors for Adolescent Substance Use and Other Problem Behaviors.* Sept 2006. <http://www.hss.state.ak.us/dbh/prevention/docs/FINAL%20R%20P%209%2020.pdf>

*American Institutes of Research & Association of Alaska School Boards. *School Climate and Connectedness Survey Report. 2006.* Mean scores given on a scale of 1 (low) to 5 (high). <http://www.alaskaice.org/files/2006SCCSFinalReport.pdf>

♣Spirit of Youth, FY07 Year End Report

Save the date

June

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



July

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

S	M	T	W	TH	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

S	M	T	W	TH	F	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

S	M	T	W	TH	F	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Schedule of Events

- [6/18-19—EPI Outcomes Workgroup Meeting in Anchorage](#)
- [6/20-21—FASD Diagnostic Teams Training in Anchorage](#)
- [6/22—Bring the Kids Home Summit Meeting in Kodiak](#)
- [7/28-8/2—CADCA Youth Leadership Training in Tucson, AZ](#)
- [8/2-4—9th Annual National Leadership Conference in Orlando, FL](#)
- [8/13-16—PRIME for Life training in Anchorage](#)
- [9/1—ASCA mini-grant apps due](#)
- [9/16-19—20th Annual NPN Research Conference in Portland, OR](#)
- [12/10-11—DARE Alaska Student Safety Summit in Anchorage](#)

- ◆ **Epi Outcomes Workgroup Meeting** in Anchorage, AK. June 18-19th: Interagency workgroup to begin Phase II of data analysis.
- ◆ **FASD Diagnostic Teams Training** in Anchorage, AK on June 20-21st: Teams and Parent Navigators will meet with Dr. Susan Astley from the University of Washington updates to FASD research, including eye growth chart accuracy, MRI, facial software, etc. (By invitation only)
- ◆ **Bring the Kids Home Summit Meeting** in Kodiak on June 22nd: Participate with community representatives, providers, parents and the Department of Health and Social Service's staff to identify barriers, resources and sharing solutions for treating youth with behavioral health issues in their home community.
- ◆ **CADCA Youth Leadership Training** in Tucson, AZ on July 28-August 2nd: offering one-on-one training in the prevention field.
- ◆ **9th Annual National Leadership Conference** hosted by the Office of Juvenile Justice and Delinquency Prevention and American Probation and Parole Association on August 2-4 in Orlando, FL. Register at www.udetc.org. The focus of the National Leadership Conference is Reducing and Preventing Underage Drinking. Youth are encouraged to attend.
- ◆ **PRIME for Life Training** in Anchorage on August 13-16th: see article on page 4 for more information.
- ◆ **ASCA mini-grant applications due** on September 1st. see article on page 3 for more information.

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(Continued from page 8)

- ◆ **NPN Research Conference** on September 16-19th in Portland, OR: *Moving Prevention Upstream—Navigating the Challenges of Research to Practice.* You will have the opportunity to learn from practitioners and researchers from around the country who are using research as a guide for prevention programming.
- ◆ **Alaska Student Safety Summit** hosted by D.A.R.E. Alaska, Inc. on December 10 – 11, 2007 at the Hotel Captain Cook. This conference is a vital step in our continuing efforts to prevent school violence, youth violence and drug abuse in our communities throughout Alaska. Over the last few years school violence has increased dramatically. According to the Alaska State Troopers Annual Report (2005), “The greatest contributing factor to violent crimes, which includes domestic violence and sexual assault, is alcohol and drug abuse.” There is a direct correlation between juvenile crimes and drug use. With a decrease in positive role models, we are seeing an alarming increase in violence in our schools, both in Alaska and nationally.

This first ever **Alaska Student Safety Summit** will bring stakeholders together from law enforcement, the schools, community-based organizations, health and human services, and prevention experts from across the nation to tackle this increasing threat to Alaskan children. Your attendance and support of the **Alaska Student Safety Summit** is critical to ensuring that we reach our vision of Healthy Kids in Healthy Communities. Please contact Naomi Sweetman at 907-245-4582 for more information about the Summit.

Legislative Roundup



The following bills passed both houses and are awaiting signature by the governor.

- HB 118: [An act relating to underage possession of alcoholic beverages in a dwelling](http://www.legis.state.ak.us/PDF/25/Bills/HB0118Z.PDF)—<http://www.legis.state.ak.us/PDF/25/Bills/HB0118Z.PDF>.
- SB84: [An act relating to the improper sale of tobacco products and to the testing and packaging of cigarettes to be sold, offered for sale, or possessed in this state; relating to civil penalties for the improper sale of tobacco products and to suspension of business license endorsements and the right to obtain business license endorsements where the suspension is based on the improper sale of tobacco products; relating to citations for certain offenses related to tobacco; and providing for an effective date.](http://www.legis.state.ak.us/PDF/25/Bills/SB0084D.PDF)—<http://www.legis.state.ak.us/PDF/25/Bills/SB0084D.PDF>
- SB100: [An act relating to substance abuse and mental health disorder prevention and treatment programs; and relating to long-term secure treatment programs for persons with substance abuse or co-occurring substance abuse and mental health disorders.](http://www.legis.state.ak.us/PDF/25/Bills/SB0100Z.PDF)—<http://www.legis.state.ak.us/PDF/25/Bills/SB0100Z.PDF>
- SB128: [An act relating to the sale, distribution, and purchase of alcoholic beverages; relating to a state database for records of certain purchases of alcoholic beverages; relating to the relocation of a license to sell alcoholic beverages; relating to procedures for local option elections for control of alcoholic beverages; and providing for an effective date.](http://www.legis.state.ak.us/PDF/25/Bills/SB0128Z.PDF)—<http://www.legis.state.ak.us/PDF/25/Bills/SB0128Z.PDF>

(M.A. Hess)

It's James!



James Gallanos (ga la' nos) is the new Project Coordinator for the Prevention and Early Intervention Section in Juneau. James came to Alaska in 1999, attended the University of Alaska Anchorage obtaining a Masters in Social Work, and has been working as a recreation therapist and community mental health therapist with children, youth and families for approximately 10 years. He also does crisis intervention work here in Juneau with the city's emergency services response team. His philosophy of prevention is simple. "It's about creating healthy relationships". James looks forward to working with everyone who is striving to improve the quality of "relationships" and the lives of Alaskans throughout the state. James fills the gap that Marilyn Irwin left when she went to work for the Advisory Board on Alcoholism and Drug Abuse. A decision about which grants James will manage has not yet been made—more to come on that later. James can be reached at 907-465-8536 or via e-mail at james_gallanos@health.state.ak.us. Welcome James!

This issue's quote

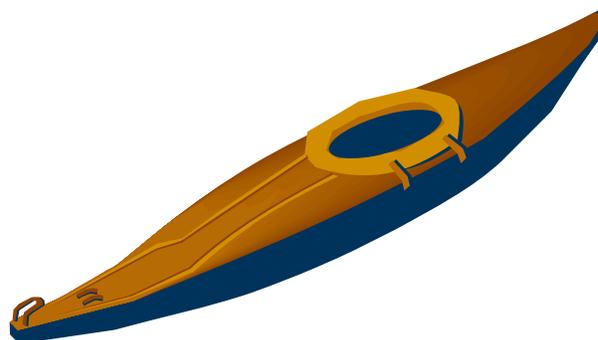
"In this world we are all students, teachers and learners. One never knows from where the next lesson might come. I believe that the kayak is as much a vehicle for learning ways to navigate life's challenges as it is a vehicle to explore the places around you. To foster the thirst for learning and exploration, to encourage craftsmanship and pride in one's work and in course teach what we have mastered and learn from those who will teach us."

---Gregor Welpton, Kayak Builder

*Prevention eNotes is a
publication of:*

DHSS, Division of Behavioral
Health
**Prevention and Early
Intervention Staff**

L. Diane Casto, Manager
877-393-2287



State of Alaska
Department of Health and Social Services
Division of Behavioral Health

"Partners Promoting Healthy Communities"

www.hss.state.ak.us/dbh/prevention/

